

Instructions Following Proximal Humerus Fixation

1. When to contact Dr. Faulkner's team:

- Excessive bleeding; unrelenting pain; excessive wound drainage (mild drainage or spotting is normal for 3-4 days postop); persistent numbness or tingling in operative extremity; temperature of $>101^{\circ}$ F; increasing redness or swelling; calf pain, tenderness, or swelling

2. Dressings/wound care:

- Rectangular waterproof dressing will cover incision. Leave in place until 1st postop appointment.
- If dressing starts coming off, it is ok to reinforce with paper tape or take off completely and cover incision with gauze and paper tape.
- Ok to shower 2 days postop. It is ok for waterproof dressing to get wet in the shower. Do not submerge your incision.

3. Blood Clot Prevention:

- Wear compression stockings for 2 days postop. Remove for hygiene and for 2 hours/day to allow the skin to breathe. Walk short distances at least 3x/day.
- Take Aspirin 81 mg for 14 days.

4. Sling: Sling should be worn at all times, even at night. Remove 3x/day for elbow and wrist range of motion exercises and for hygiene. Start pendulum exercises 48 hours after surgery if comfortable. Use exercise ball provided on the sling daily to promote blood flow.

5. Restrictions/Driving: No driving unless cleared by Dr. Faulkner. No lifting, pushing, pulling, or carrying objects > 1 lb (glass of water). No kneeling, crawling, climbing.

6. Activities

- DO: Ok to do tabletop activities such as writing, typing and eating.
- AVOID: Reaching away from body, lifting with operative arm, rotating arm internally toward body or externally away from body.

7. Cold therapy/Ice:

- Apply an ice pack or cold therapy unit to shoulder 30 minutes 6 x daily to help reduce pain and swelling.
 - Do not apply to bare skin. Be sure to have a washcloth between ice pack and skin to avoid frostbite.
- Remove for 30 minutes every 2 hours.

8. Pain medication:

- Take 1-2 tabs of the prescribed pain medicine with food every 4-6 hours as needed. Take the medication sparingly and discontinue as soon as possible.



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- Common side effects of narcotics: constipation, drowsiness, nausea and confusion. If you experience severe nausea, itching, dizziness or other adverse reactions, call Dr. Faulkner.
- Increase your fiber intake (fruits, vegetable, grains) and use an over the counter stool softener (such as docusate or Senna-S) if you are having constipation.
- Substitute Tylenol and/or Ibuprofen or Aleve if you do not have any contraindication to taking these. **Maximum dose/day of Tylenol is 1000 mg every 8 hours and Ibuprofen 800 mg every 8 hours.** Stomach upset, GI ulcers and allergic reactions are the most common adverse reactions to anti-inflammatories. You should not take more than 3000 mg of Tylenol in a 24 hour period.

9. Diet: Anesthesia can cause temporary nausea after surgery. Begin with light with clear liquids or soft foods after surgery to minimize upset stomach. Drink at least 6-8 glasses of water daily.

Website URL: nathanfaulknermd.com

Postop instruction videos URL: nathanfaulknermd.com/postop

Videos to watch:

1. *Post Op: Get to Know Your Sling*
2. *Post Op: Shoulder Home Exercise Program*
3. *Shoulder & Knee Arthroscopy Post Op Wound Care Instructions*



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Please feel free to contact our office at any time!



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